



# Teens and Tobacco Products

## Why Teens & Pre-teens Should Avoid Tobacco Products

*There are many reasons for you to not smoke or to quit smoking. Take a look at this list and see which ones are important to you.*

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Most kids don't smoke or use smokeless tobacco.

All forms of tobacco (snuff, cigarettes, dip, etc.) are extremely addictive, and most teens that use tobacco are addicted to nicotine.

Addiction to tobacco takes away one's independence.

Smokeless tobacco is not a safe alternative to smoking, because it is addicting and causes cancer of the mouth.

Smoking makes a person smell bad, stains teeth and skin, causes shortness of breath, decreases athletic performance, ruins clothes, and is a major cause of fires and deaths.

Smoking causes health problems in many young people, including chronic cough and sore throat.

Smoking won't make a person rugged, sexy, "cool," or successful.

Tobacco use is a gateway to other drug use, and addiction to nicotine may make a person more susceptible to trying other dangerous drugs.

Tobacco is expensive—spending money on tobacco will mean less money for other things (e.g., books, clothes, make up, music, movies, sports).

There are other ways of being different without taking up a habit that is addicting and has such severe, long-term consequences.

## *Good Reasons for Teenagers to Stop Smoking*

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Bad breath	Stained teeth and fingers
Cost	Lack of independence—controlled by cigarettes
Sore throats	Cough
Shortness of breath (might affect sports)	Frequent respiratory infections
Feel better	Improved ability to exercise
Healthier skin (less wrinkles)	

## *Rewards of quitting smoking*

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Look better	Improved health
Food will taste better	Improved sense of smell
Save money	Feel better about yourself
Home, car, breath will smell better	Can stop worrying about quitting
Not worry about exposing others to smoke	Feel better physically
Freedom from addiction	Perform better in sports
Set a good example for friends and younger siblings	